

Fighter

#5: How To Protect Yourself From Unreasonable People

1. Give yourself _____

Matthew 5:37 *All you need to say is simply 'Yes' or 'No'*

Luke 4:42 *Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them.*

Key: _____ to say no

2. Plan your _____

Proverbs 13:3 *Those who guard their lips preserve their lives, but those who speak rashly will come to ruin*

Proverbs 4:14-16 *Do not set foot on the path of the wicked or walk in the way of evildoers. Avoid it, do not travel on it; turn from it and go on your way. For they cannot rest until they do evil...*

3. Build your _____

Ecclesiastes 4:9-10 *Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.*

4. Prepare for _____

Proverbs 26:4 *Do not answer a fool by his foolish ways, or you will be like him.*

Key: _____ to these people

5. _____

Luke 9:56 *Then he and his disciples went to another village.*

Key: _____ determine future behavior not rules

Boundaries by Henry Cloud

Boundaries - What are they?

Boundaries are physical, emotional, sexual and mental limits we set in relationships that protect us from being controlled, manipulated, abused or exploited. (Author unknown)

Plan before you speak

When you... (Identify the painful behavior you want to address)
I feel... (Express your emotions honestly and appropriately)
I want...

So here's my new boundary _____

If you... (Be descriptive)

I will... (What will you do if they violate your boundary?)

If you continue this behavior...

What do I need? What do I want? What am I unwilling to tolerate again? What's unacceptable behavior?

Practice: Complete the following statements:

People may no longer...

I have a right to ask for...

To protect my time and energy, it's okay to...

Then, finish each sentence with at least 12 examples (or more) of boundaries you can set to protect yourself.

People with Healthy Boundaries...

- Have the ability to adapt and change when it is needed and appropriate
- Do not vacillate wildly according to what is happening around them
- Are able to say "No" when it is appropriate
- Are able to accept constructive criticism or feedback without personalizing it
- Are able to accept "No" from others without taking it personally
- Are able to stand up for themselves
- Know how they feel, what they think and how they behave
- Take responsibility for meeting their own needs
- Take responsibility for their emotions, their ideas and their behavior